



# LUNCH

Prices below are in effect as of April 1, 2017 to July 31, 2018.

Prices subject to 13% HST and 18% administrative charge pursuant to your contractual agreement.

An administrative charge (18%) is added to your bill for this catered event / function (or comparable service). 6.65% of the total amount of this charge is used to defray the cost of house expenses and will be maintained by the MTCC. 11.35% of the total amount of this administrative charge is distributed to employees providing the service including servers, bartenders and porters.

Prices subject to change without notice.

V Vegetarian   
 NF Nut Friendly   
 GF Gluten Friendly   
 LF Lactose Friendly

## Lunch

### Select 1 First Course, 1 Second Course and 1 Dessert

All plated lunches are served with rustic breads, freshly brewed Lavazza coffee & tea

#### First Course

Seasonal soup

Prepared using fresh ingredients. Ask your catering professional for our current selections.

- V NF GF LF Baby greens, herbs & sprouts, shaved seasonal vegetables, organic carrot vinaigrette
- V NF GF Vine tomato salad, fior de latte, crushed basil EVOO, balsamic reduction
- V GF LF Grilled seasonal vegetable antipasto, white bean fennel garlic hummus, eggplant & tomato confit

#### Second Course

<span>NF</span> Roast chicken orecchiette Charred peppers, baby spinach, grape tomatoes, braised garlic parmesan cream	<b>\$48.00</b>
<span>NF</span> Braised beef short rib rigatoni Seared mushrooms, spinach, charred red pepper & tomato, goat cheese & fresh herbs	<b>\$49.00</b>
<span>NF</span> <span>GF</span> Seared local chicken brie & thyme glaze, roasted grapes Caramelized onion, fingerlings, seasonal vegetables	<b>\$50.00</b>
<span>NF</span> <span>GF</span> Braised Ontario chicken Squash ribbons & baby vegetables, sauvignon blanc tarragon cream	<b>\$52.00</b>
<span>NF</span> <span>GF</span> Seared Atlantic salmon Leek risotto, wilted greens, corn chowder	<b>\$54.00</b>

## Second Course (continued)

NF GF LF Roasted Ontario pork chop \$53.00  
 Apple, fennel & pepper squash ratatouille, roasted blackberry, five spice jus

NF GF Seared local beef medallions \$55.00  
 Roasted mushrooms, goat cheese polenta frits, kale & leek fricassee, ripasso jus

## Dessert

V NF Cinnamon chocolate truffle cake  
 Vanilla rum pineapple carpaccio

V NF Espresso tart, caramelized bananas

V NF White chocolate, outrageous brownie slice, mango, fresh berries

V NF Tahitian vanilla New York cheesecake  
 Strawberry tartare

V NF GF Crema Catalan, citrus salsa, raspberry foam

## Set Buffets

### Minimum 40ppl / \$5.00 surcharge per person if less than 40ppl

All lunch buffets served with rustic breads, freshly brewed Lavazza coffee & tea

**Passage to Asia** \$50.00 / person

Coconut curry soup

V NF LF Asian vegetable chow mein noodle salad with a chili soy yuzo dressing

V NF GF LF Shredded kale & shaved vegetable salad with ginger dressing

V NF LF Vegetarian spring & maki rolls, kimchi, wasabi & soy

NF GF LF Seared coastal snapper, grilled scallions, Asian pesto

NF GF LF Five spice braised beef side ribs with charred shishito peppers

V GF LF Stir-fried gai lan & peppers, sesame oil & garlic

V NF GF LF Jasmine lime leaf rice

V NF Sticky rice with fresh mango, turon, puto

**Southern Comfort** \$48.00 / person

NF File gumbo with jalapeño johnnycake

V NF GF LF Heirloom tomato, red onion, avocado & black-eyed peas, charred pepper salad,  
 smoky chipotle onion dressing

V NF GF Creamy coleslaw

NF Southern buttermilk fried chicken, spicy corn & okra ragout

NF Grilled spicy sausage, sautéed greens, dirty rice risotto

V NF GF LF Baked eggplant & tomato, squash & bean ragout

V Bourbon pecan tarts, hummingbird cake, sweet potato cheesecake

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**Mediterranean**
**\$49.50 / person**

- V NF GF LF Fire roasted tomato & red pepper bisque, caramelized fennel, EVOO drizzle
  - NF Italian greens, herbs, chicories, olives, focaccia croutons, crisp pancetta, parmesan shards, roasted garlic, capers, lemon vinaigrette
- V NF Pasta salad - handmade pasta, charred vegetables, sundried olives, herb vinaigrette
  - NF Duo of fire grilled lamb chops & braised merguez sausages, red pepper goat cheese polenta, ripasso jus
  - NF Mini chicken parmesan, San Marzano chunky vine tomato sauce
  - NF Tuscan pane pizza
- V NF GF Italian inspired mushroom risotto, roasted garlic, baby spinach, aged parmesan
- V NF GF LF Ratatouille of vegetables
  - V Cannoli, tiramisu, limoncello panna cotta & biscotti

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**Canada 150\***
**\$54.00 / person**

- NF Nova Scotia seafood chowder, cheddar cheese biscuits
  - Artisan cheese board & local charcuterie, rustic breads, spreads, pickled vegetables
- V NF GF LF Cookstovn greens, sprouts, herbs, shaved vegetables, natural reductions in olive oil
  - NF GF LF Roast local free run chicken, baby vegetables, sliced creamers, herb jus
  - NF GF LF Seared Alberta AAA beef medallions, marinated top sirloin, roasted shallots, green beans, cabernet jus
- V NF GF LF Greenbelt market vegetables
- V NF GF LF Roasted heirloom potatoes with herbs
  - V Rum raisin maple butter tart, Nanaimo mousse, maple brûlée

**\*Note:** Buns are not served with this buffet. Rustic breads are included with the cheese display

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**Middle Eastern**
**\$49.00 / person**

- V NF GF LF Chick pea and lentil soup
- V NF GF LF Kachumbari tomato salad
  - V NF Vegetarian couscous salad with cucumber mint dressing
  - LF Cashew & cumin crusted chicken with crushed squash and aromatic jus
- NF GF LF Moroccan flank steak, charred peppers and za'atar spice
- V NF GF LF Saffron basmati pilaf, caramelized onion & fennel, raisins, exotic fruit salsa
- V NF GF LF Vegetable tagine
  - V Housemade baklava, basbousa, Turkish delight, rosewater semolina bites

## Working Lunch

**Working Lunch Option #1**  
\$42.00 / person

**Working Lunch Option #2**  
\$44.00 / person

**Boxed Lunch**  
\$28.00 / person

Minimum 30 person order, \$5.00 surcharge per person if less than 30 ppl

Soup	Soup	Choice of 1 salad
Choice of 1 salad	Choice of 2 salads	Choice of 3 sandwiches
Choice of 3 sandwiches	Choice of 4 sandwiches	Dessert
Dessert	Dessert	
Coffee & tea	Coffee & tea	

## Soups

Seasonal soup  
Prepared using fresh ingredients. Ask your catering professional for our current selections.

## Salads

- NF GF** Build your own MTCC chef salad\*  
Roast chicken, smoked ham, aged chiselled Balderson cheese, charred peppers, chopped tomato salsa
- NF GF LF** Rustic potato salad  
Grain mustard, cracklings
- V NF GF LF** Bean salad  
Red pepper, mango, cilantro dressing
- V NF GF** Baby greens, fresh berries and crumbled goat cheese, balsamic fig vinaigrette\*
- V NF GF LF** Vine tomato & cucumber salad, basil & celery dressing

## Sandwiches

- NF** Roast beef  
Shaved slow roasted beef, vine tomato confit, aged white cheddar, crunchy sprouts & shaved lettuce, cracked pepper garlic chive mayo
- NF** Smoked turkey  
Smoke roasted local turkey, Oka cheese, sage & butternut squash spread, microgreens, artisan cranberry bread
- NF** Ham & cheese  
Shaved black forest ham, smoked Gouda, leek and Kozlik's grainy maple mustard
- NF** Roasted chicken  
Shaved chicken, apple celery slaw, havarti, treviso & coriander sprouts, curry mustard mayo
- NF** Italian deli  
Cured and smoked meats, marinated Mediterranean vegetable bruschetta, mascarpone basil spread, shredded romaine
- NF** Traditional tuna salad  
Flaked tuna, shaved lettuce, citrus mayo, potato bread
- V** Moroccan grilled vegetable skewer  
Falafel, halloumi, harissa hummus, folded pita
- V NF** Roasted portobello and eggplant  
Chunky tomato pesto, chopped baby kale, garlic goat cheese, savoury ciabatta

\*Not available for boxed lunches

## Desserts

- V Fruit shards & cookie

## Boxed Lunch Enhancements & Upgrades

### Sandwich & Salad Upgrades

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|---|----------------------|
| <ul style="list-style-type: none"> <li>NF Smoked Atlantic salmon bagel<br/>Chive cream cheese, shaved onions, lemon cress</li> </ul>  | <p>\$3.00 / each</p> |
| <ul style="list-style-type: none"> <li>NF Shaved beef tenderloin<br/>Slow roasted Black Angus, charred red pepper salsa, 5 year Balderson cheddar on pretzel bun</li> </ul> | <p>\$4.00 / each</p> |
| <ul style="list-style-type: none"> <li>NF Lobster / shrimp salad sandwich<br/>Low fat tarragon mayo, crunchy celery, peppers &amp; sprouts</li> </ul>                       | <p>\$5.00 / each</p> |

### Snack Enhancements

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|---|----------------------|
| <ul style="list-style-type: none"> <li>V NF GF Artisan cheese wedges</li> </ul> | <p>\$2.00 / each</p> |
| <ul style="list-style-type: none"> <li>V NF Millionaire's shortbread</li> </ul> | <p>\$3.75 / each</p> |